

New Year, New You

Weight Loss Challenge

Rules and Regulations:

This is a 6 week weight loss challenge beginning on January 12, 2015 ending on February 23rd, 2015. The \$15.00 fitness card fee will serve as registration. Winners will be based upon the percentage of weight lost. Anyone at the age of 14 years or older can participate in the New Year, New You challenge with a signed waiver from a parent or legal guardian.

It is the responsibility of each participant to make sure they are medically capable of participating in the challenge, and that they do not have a medical condition which would put them at harm or risk while participating in the challenge. Therefore, it is recommended that each participant seek the advice and receive an evaluation from their medical doctor prior to the start of the challenge.

It is up to each participant to determine the methods or strategies by which they will improve their health and lose their excess weight during the challenge. Keep in mind that this is an all-natural challenge. Legal substances, such as nutritional supplements, may be used by the participants; however it is recommended the participant consult a knowledgeable and licensed health professional first. If a participant is found to be using any illegal substance they will be disqualified from the challenge. If a participant is found to be engaging in dietary practices that may be harmful or dangerous to their health, they will be disqualified from the challenge. If the participant is found to have received weight loss surgery (for example: gastric bypass) or cosmetic surgery as their means of weight loss for the challenge, they will be disqualified from the challenge.

By registering for the challenge the participant understands that their \$15 fitness card is non-refundable. This fee is used to calculate the total prize money that will be rewarded to the winners of the challenge.

In order for the participant to qualify for any form of prize or money awarded to them at the end of the challenge, the participant must provide a starting body weight and an ending body weight. The participant agrees that they will provide weight at the beginning of the challenge, and weekly after for the full 6 weeks. Weight will be taken by the staff at Daniel Fernandez Recreation Center on a weekly basis. The time will be determined by you and the staff at DFRC upon registration.

Each participant assumes all risk of injury, harm or loss of any kind arising from participation in the challenge. Consult with your physician or health care provider before starting any new exercise program, dietary program, nutrition or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. If you are not experienced with exercise and strength training, it is recommended you consult with a qualified fitness trainer or coach. Participants in the challenge release Daniel Fernandez Recreation Center, it's supporters and sponsors, and the directors, officers and employees of any of them from all risk, loss, injury, damage or harm that may arise from participating in the New Year, New You challenge.

I have read this Release and Terms of Agreement and I understand all of its terms. I sign it voluntarily and with full knowledge of its significance.

Participant: _____

DFRC Staff: _____